

2022-2023
WORLD YOGA DAY

1) 21 June, 2022 - World Yoga Day was celebrated at College Premises. On this occasion, Dr. M. T. Nakshine, Associate Professor, Commerce Department, played very important role of Yog Guru, told us the importance of Pranayam, Anulom-Vilom, Kapalbhati, and some physical exercise which is very necessary in today's context, because today's Life is very stressful and we are not in peaceful condition, so, here Yoga can play important role in our life to get rid of this stressful life and live in a healthy and peaceful way. On this occasion, Hon'ble Principal, Dr. M. J. Meshram Sir, was present and he told us the importance of yoga in life.



2) importance of yoga in life.



Physical Fitness Camp

A Programme on Physical Fitness was taken on 21/06/2022 at 7.00 a.m. in the College Premises. Under the guidance of Hon'ble Principal, Dr. M. J. Meshram, and Dr, Rajendra Shalik Gore, Director of Physical Department, Shivaji Mahavidyalaya, Gadchiroli. At this moment, all the Senior teaching staff, Junior teaching Staff and all the non-teaching staff were prominently present. Dr. Gore, Director of Physical Department threw the light on the importance of good health. And why should we must keep ourselves fit and fine if we wish to live our life without any tension and illness, then we shall have to spend at least one hour for our good health. Dr. Meshram, during his presidential speech, he told us how one hour of regular physical exercise can change our life escape us from lot of illness.

